

CLINICAL PROTOCOLS

ARTHRITIS

A Suggested Nutritional Protocol for Anti Aging

Wobenzym® N

A sophisticated combination of the enzymes bromelain, papain, natural pancreatic enzymes trypsin and chymotrypsin, as well as the antioxidant flavonoid rutin have been clinically studied to promote healthy joints and muscles by balancing inflammation.

Suggested usage: *Three to four tablets, three times daily, 45 minutes before a meal or 1.5hrs after.*

OR

Wobenzym® PS

This product contains the authentic German Phlogenzym formula. Wobenzym PS is clinically supported to help maintain healthy joint function. Wobenzym PS is offered in the form of enteric-coated tablets and provides a specific formulation of enzymes to the body to help maintain optimal immune function, and wound healing as well as muscle and tendon structure. Similar to Wobenzym N, however contains only bromelain, trypsin and rutin at twice the strength

Suggested usage: *Three tablets, twice daily, 45 minutes before a meal or 1.5hrs after.*

Arth-Support Formula™

A comprehensive multivitamin mineral base with additional ingredients targeted specifically for arthritis, including shark cartilage powder and glucosamine sulfate.

Suggested usage: Two tablets twice daily with meals

Ligament Restore (Pure Encapsulations)

Offers comprehensive support for ligaments, tendons and joints. Helps recovery from strains and sprains or overall wear and tear. Best taken daily to maintain connective tissue resiliency.

Suggested usage: *Four Capsules daily in divided doses.*

OR

Glucosamine + MSM Forte™

A joint health formula that incorporates the healing and anti-inflammatory benefits of Methylsulfonylmethane (MSM), bromelain, proanthocyanidins, vitamin C, along with glucosamine.

Suggested usage: *One capsule three times daily.*

EPA/DHA Essentials (Pure Encapsulations)

An ultra-pure, molecularly distilled fish oil concentrate; provides 1000mg of fish oil per serving. The consumption of omega-3 fatty acids from fish has been associated with numerous benefits, including support for joint health.

Suggested usage: *Two capsules daily, in divided doses, with meals.*

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OR

Krill Plex (Pure Encapsulations)

A randomized, double blind, placebo-controlled study involving ninety individuals suggests that krill oil promotes a healthy inflammatory response and joint comfort. Furthermore, results showed statistically significant support for joint flexibility and function.

Suggested usage: *Two softgels per day with breakfast for one month and one softgel thereafter or as directed by a health professional.*

COMPLETE JOINT SUPPORT

Joint Health Convenience Pack

Combines several joint-supportive products in one convenient package. It supplies essential vitamins, minerals, herbs and other nutrients, designed to support the entire joint and musculoskeletal systems.

Each pack contains 2 Rehab Support Formula™ Multivitamin (R.E.S.S), 2 Resvera-Gold®, 1 Flex H.A.™, 3 Ultra-Joint Forte.

Suggested usage: *One packet daily.*

